

2019 OCTOBER-DECEMBER HEALTH AND WELLNESS CLASSES

CLASS	DESCRIPTION	LOCATION	DATES	TIME	To Register
Living Well- Chronic Disease Self-Management	Six-week course is designed for people living with one or more chronic conditions and/or their caregivers. Weekly topics include techniques to fatigue, frustration and isolation, nutrition and healthy eating, appropriate exercise, communication skills, stress management, and goal setting.	Haven on The Lake 10275 Little Patuxent Parkway Columbia, MD 21044	Wednesdays 09/11-10/16	10:00am-12:30pm	Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
		East Columbia East Columbia Library 6600 Cradlerock Way Columbia, MD 21045	Wednesdays	5:30-8:00pm	
Living Well: Diabetes Self-Management	Six-week course designed for people and / or their caregivers living with type II diabetes. Weekly topics include glucose monitoring, skin and foot care, appropriate exercise, nutrition and healthy eating, and maintaining a balanced blood sugar.	Howard County General Hospital Room 1 5755 Cedar Lane, Columbia MD, 20144	Tuesdays- 10/01-11/05	5:30pm-8:00pm	Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
Living Well: Diabetes Self-Management <u>KOREAN</u>	Six-week course designed for people and / or their caregivers living with type II diabetes. Weekly topics include glucose monitoring, skin and foot care, appropriate exercise, nutrition and healthy eating, and maintaining a balanced blood sugar.	East Columbia Library 6600 Cradlerock Way Columbia, MD 21045	Thursdays 10/17-11/21	11:00am-1:30pm	Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
Living Well with Hypertension	One 2.5hr course is designed for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition. Topics include high blood pressure risk factors, nutrition and food label guidance, sodium content in common foods, medication management.	Patuxent Woods 9830 Patuxent Woods Drive, Columbia MD 21046	Tuesday- 10/22	4:00pm-6:30pm	Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
		Elkridge 50+ Center 6540 Washington Blvd. Elkridge, MD 21075	Wednesday- 11/20	1:00pm-3:30pm	

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Stepping Up Your Nutrition	Malnutrition can cause muscle loss and dizziness, increasing your risk of falls. Discover and learn why muscle matters, how nutrition affects falls, how to get enough protein and fluids and what you can do to eat better and improve your health. \$5/participant fee payable by cash or check.	Glenwood 50+ Center 2400 Rt. 97 Cooksville, MD 21723	Tuesday- 10/29	9:00- 11:30am	Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov
Stepping On	Seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes. \$28/participant fee payable by cash or check	Elkridge 50+ Center 6540 Washington Blvd. Elkridge, MD 21075	Thursdays- 10/10-11/21	1:30-3:30pm	Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov